

Grainless Granola



Serving Size: 9 (1/2 cups)

TOTAL TIME



DIFFICULTY



EASY



DAIRY-FREE



GLUTEN-FREE



VEGETARIAN

Preparation:

1. Preheat oven to 325° F.
2. In a large bowl, combine almonds, coconut, seeds, and cinnamon.
3. In a small bowl, mix the oil and syrup.
4. Pour oil/syrup mixture over the seed mixture and stir until combined well.
5. Spread onto a cookie sheet lined with parchment paper.
6. Bake for 20 minutes, tossing half way through to prevent the edges from overcooking.
7. Remove and allow to cool.
8. Add dried fruit and store in airtight containers in refrigerator.

Nutrition Facts Per Serving

Calories	310
Fat	20g
Saturated Fat	3g
Cholesterol	0mg
Carbohydrate	17g
Fiber	7g
Added Sugar	3g
Protein	7g
Sodium	0mg

Ingredients

- 1/2 cup sliced raw almonds
- 1/2 cup unsweetened shredded coconut
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 2 tablespoons chia seeds
- 1/4 cup shelled hemp seeds
- 1/2 cup sesame seeds
- 1/4 cup ground flaxseeds
- 2 tablespoons avocado oil
- 2 tablespoons pure maple syrup or honey
- 1/4 cup unsweetened dried blueberries
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon